

# AQUATICS PROGRAMS

## AQUATICS

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Lap Swim, Aquatics Fitness Classes

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## SWIM LESSONS



### PRIVATE SWIM LESSONS

Private Swim Lessons are for ages 3 years through adult, and are for any level of ability. Instruction is geared toward the individual student's ability. Private Swim Lessons are offered as eight, thirty minute classes per session. One student/participant is enrolled in the entire session. The City of Morgan Hill does not reschedule or refund for missed classes.

Instructor: CRC Aquatic staff

Location: Centennial Recreation Center

#### M/W Classes

Session 1: 9/8 - 10/4\*

Session 2: 10/11 - 11/3

Session 3: 11/15 - 12/15\*\*

#### T/TH Classes

Session 1: 9/7 - 9/30

Session 2: 10/12 - 11/4

Session 3: 11/16 - 12/16\*\*

#### SA Classes

Session 1: 9/18 - 11/13\*\*

Session 1	M/W 9/8-10/4*	T/TH 9/7-9/30	SA 9/18-11/13**	
<b>Time</b>	<b>Activity #</b>	<b>Activity #</b>	<b>Time</b>	<b>Activity #</b>
4:00pm	FCRE001	FCRE013	9:00am	FCRE025
4:30pm	FCRE002	FCRE014	9:30am	FCRE026
5:00pm	FCRE003	FCRE015	10:00am	FCRE027
5:30pm	FCRE004	FCRE016	10:30am	FCRE028
Session 2	M/W 10/11-11/3	T/TH 10/12-11/4		
<b>Time</b>	<b>Activity #</b>	<b>Activity #</b>		
4:00pm	FCRE005	FCRE017		
4:30pm	FCRE006	FCRE018		
5:00pm	FCRE007	FCRE019		
5:30pm	FCRE008	FCRE020		
Session 3	M/W 11/15-12/15**	T/TH 11/16-12/16**		
<b>Time</b>	<b>Activity #</b>	<b>Activity #</b>		
4:00pm	FCRE009	FCRE021		
4:30pm	FCRE010	FCRE022		
5:00pm	FCRE011	FCRE023		
5:30pm	FCRE012	FCRE024		

\*Session 1 M/W classes will start on 9/8 due to Labor Day on 9/6

\*\*No Classes 10/16 and 11/22-11/26 (Thanksgiving Holiday week)

Resident: \$233/ CRC Member \$218

Non Resident: \$243/ CRC Member: \$228

## INDOOR GROUP SWIM LESSONS

All Group Lessons at the Centennial Recreation Center are offered as eight, thirty minute lessons, on M/W, T/TH, or Saturday. The City of Morgan Hill does not reschedule or refund for missed classes.

Instructor: CRC Aquatic Staff

Location: Centennial Recreation Center

### M/W Classes

Session 1: 9/8 - 10/4\*

Session 2: 10/11 - 11/3

Session 3: 11/15 - 12/15\*\*

### T/TH Classes

Session 1: 9/7 - 9/30

Session 2: 10/12 - 11/4

Session 3: 11/16 - 12/16\*\*

### SA Classes

Session 1: 9/18 - 11/13\*\*

\*Session 1 M/W classes will start on 9/8 due to Labor Day on 9/6

\*\*No Classes 10/16 and 11/22-11/25 (Thanksgiving Holiday week)

Resident: \$79/ CRC Member: \$69

Non Resident: \$89/ CRC Member: \$79

Every paid session of group lessons includes one free tee-shirt.  
Additional tee-shirts are available for \$10 each.

### M/W Classes

CLASS NAME	TIME	SESSION 1 9/8 - 10/4* Activity #	SESSION 2 10/11 - 11/3 Activity #	SESSION 3 11/15 - 12/15** Activity #
CUTTLE FISH A	10:40am	FCRA001	FCRA003	FCRA005
	4:20pm	FCRA002	FCRA004	FCRA006
CUTTLE FISH B	5:30pm	FCRA007	FCRA008	FCRA009
CLOWN FISH	9:30a	FCRB001	FCRB003	FCRB005
	4:20pm	FCRB002	FCRB004	FCRB006
JELLY FISH	11:15am	FCRB007	FCRB010	FCRB013
	3:45pm	FCRB008	FCRB011	FCRB014
	4:20pm	FCRB009	FCRB012	FCRB015
BALLOON FISH	10:05am	FCRB016	FCRB019	FCRB022
	3:40pm	FCRB017	FCRB020	FCRB023
	4:55pm	FCRB018	FCRB021	FCRB024
FLYING FISH	5:30pm	FCRB025	FCRB026	FCRB027
SEA TURTLE	4:55pm	FCRC001	FCRC002	FCRC003
STING RAY	4:55pm	FCRC004	FCRC005	FCRC006
PELICAN	3:45pm	FCRC007	FCRC008	FCRC009

### T/TH Classes

CLASS NAME	TIME	SESSION 1 9/7 - 9/30 Activity #	SESSION 2 10/12 - 11/4 Activity #	SESSION 3 11/16 - 12/16** Activity #
CUTTLE FISH A	4:20pm	FCRA010	FCRA011	FCRA012
CUTTLE FISH B	5:30pm	FCRA013	FCRA014	FCRA015
CLOWN FISH	9:35am	FCRB028	FCRB031	FCRB034
	3:45pm	FCRB029	FCRB032	FCRB035
	4:20pm	FCRB030	FCRB033	FCRB036
JELLY FISH	9:00am	FCRB037	FCRB039	FCRB041
	4:20pm	FCRB038	FCRB040	FCRB042
BALLOON FISH	10:10am	FCRB043	FCRB045	FCRB047
	4:55pm	FCRB044	FCRB046	FCRB048
FLYING FISH	5:30pm	FCRB049	FCRB050	FCRB051
SEA TURTLE	4:55pm	FCRC010	FCRC011	FCRC012
STING RAY	3:45pm	FCRC013	FCRC015	FCRC017
	4:55pm	FCRC014	FCRC016	FCRC018
PELICAN	3:45pm	FCRC019	FCRC020	FCRC021

### SA Classes

CLASS NAME	TIME	SESSION 1 9/18 - 11/13** Activity #
CUTTLE FISH A	10:10am	FCRA016
CUTTLE FISH B	10:45am	FCRA017
CLOWN FISH	10:10am	FCRB052
	10:45am	FCRB053
JELLY FISH	9:35am	FCRB054
	10:10am	FCRB055
BALLOON FISH	9:00am	FCRB056
	10:45am	FCRB057
FLYING FISH	9:00am	FCRB058
SEA TURTLE	9:35am	FCRC022
STING RAY	9:00am	FCRC023
PELICAN	9:35am	FCRC024

**see Class Descriptions on next page**

# Class Descriptions

## Parent/Tot Program

### Cuttle Fish A

Ages: 6 months-17 months

Prerequisites: Parent participation is required

#### Skills Checklist: Infant skills-

Water adjustment, getting wet - Front kick  
Exploring the pool, holding positions  
Front glide, readiness, passing, drafting  
Underwater exploration, readiness, bubble blowing, scooping  
Back float, adjusting to water in back position, readiness  
Rolling over, front to back & back to front - Exit water, parent carrying child  
Arm movement, front position, combined with kicking



### Cuttle Fish B

Ages: 18 months-35 months

Prerequisites: Parent participation is required

#### Skills Checklist: Toddler skills-

Front glide, drifting with breathing  
Underwater exploration, bobbing, opening eyes  
Arm movement on back, finning combined with kicking  
Changing positions, vertical to front & vertical to back float positions  
Kick up to surface  
Exit independently at side of pool or using ladder or stairs

## Pre-school Program *Ages 3-5*



### Clown Fish Level I

Prerequisites: No swimming skills required. Parent participation optional. Student must be able to take direction from the instructor.

#### Skills Checklist:

Enter water safely, enter using stairs and rolling over from side of pool

Bubble blowing, opening eyes under water, underwater exploration  
Introduction to supported front float - Introduction to supported back float  
Supported front kicking - Supported back kicking  
Front glide readiness with breathing - Back glide readiness  
Introduction to alternating arm movement - Learn basic water safety rules  
Familiarity with getting help - Reaching assist without equipment  
Wear lifejacket on deck and enter shallow water



### Balloon Fish Level III

Prerequisites: Jelly Fish skills

#### Skills Checklist:

Rhythmic bobs (10 times) - Introduction to finning  
Unsupported front float - Unsupported back float  
Unsupported front glide and recover (2 body lengths)  
Unsupported back glide and recover (2 body lengths)

Front glide with flutter kick - Back glide with flutter kick  
Front crawl arm movement and flutter kick (5 yards)  
Back crawl arm movement and flutter kick (5 yards)  
Introduction to side breathing - Become familiar with rescue breathing  
Demonstrate rolling over from front glide to back glide  
Demonstrate rolling over from back glide to front glide  
Float face up in shallow water with a lifejacket on (1 minute)  
Demonstrate assisting non-swimmer to feet



### Jelly Fish Level II

Prerequisites: Clown Fish skills or comfortable in the water and able to take direction from the instructor.

#### Skills Checklist:

Hold breath and fully submerge head, bobbing with controlled breathing  
Supported front float - Supported back float

Front glide and recover with support - Back glide and recover with support  
Front glide with flutter kick supported - Back glide with flutter kick supported  
Front crawl arm action - Back crawl arm action  
Submerge and retrieve object from chest deep water  
Explore deep water with support - Discuss role of all safety personnel  
Demonstrate reaching assist with equipment  
Demonstrate how to relieve a cramp



### Flying Fish Level IV

Prerequisite skills: Balloon Fish skills

#### Skills Checklist:

Bob in water slightly over head to safety  
Jump into deep water from side of pool  
Swim front crawl with side breathing (15 yards)  
Swim back crawl (15 yards)

Demonstrate elementary backstroke kick  
Compact and kneeling dive from side of pool  
Treading water in deep water  
Jump into deep water with lifejackets on  
Demonstrate H.E.L.P. position (1 minute)  
Demonstrate huddle position (1 minute)  
Demonstrate correct technique for opening airway for rescue breathing

## Youth Program *Ages 6-10*



### Sea Turtle Level I

Prerequisites: No swimming skills required

#### Skills Checklist:

Enter and exit pool safely - Open eyes under water  
Submerge mouth, nose, and eyes  
Pick up submerged object under water

Exhale underwater through mouth and nose  
Front Float and Back Float (supported & unsupported)  
Roll over from front glide to back glide - Roll over from back glide to front glide  
Front swimming with arm & leg actions - Back swimming with arm & leg actions  
Discuss basic water safety rules - Demonstrate proper use of a lifejacket

### Sting Ray Level II

Prerequisites: Sea Turtle skills and comfortable in the water

#### Skills Checklist:

Submerging entire head - Jump in from poolside (shallow water)  
Unsupported front float - Unsupported back float  
Front glide and Back glide (supported and unsupported)

Finning arm action - Sculling arm action - Rhythmic bobs (10 times)  
Jellyfish float - Treading water using arm and leg motions  
Swimming using combined stroke on front (15 feet)  
Swimming using combined stroke on back (15 feet)  
Moving in water while wearing a life jacket  
Recognizing a swimmer in distress and getting help



### Pelican Level III

Prerequisites: Sting Ray Skills (or Flying Fish Skills)

#### Skills Checklist:

Unsupported front glide with kick  
Unsupported back glide with kick  
Jump into deep water from side - Treading water (30 seconds)

Front crawl stroke with rotary breathing (15 yards) - Back crawl stroke (15 yards)  
Butterfly kick and body motion - Survival float on back - Rules for safe diving  
Sitting and kneeling dive (shallow dive progression) - H.E.L.P. & Huddle positions



### Platypus Level IV

Prerequisites: Pelican skills

#### Skills Checklist:

Front crawl with rotary breathing (25 yards)  
Back crawl (25 yards) - Elementary backstroke (15 yards)  
Breaststroke (15 yards) - Introduction to butterfly stroke

Tread water (1 minute) - Swim underwater  
Open turn on front, push-off streamlined position  
Open turn on back, push-off streamlined position  
Scissors kick - Survival float on back (1 minute) - Discuss safe diving rules  
Diving from stride position (shallow dive) - Demonstrate a throwing assist  
Feet-first surface dive in deep water - Care for conscious choking victim



### Crocodile Level V

Prerequisites: Platypus skills

#### Skills Checklist:

Front crawl with rotary breathing (50 yards)  
Back crawl (50 yards) - Elementary Backstroke (25 yards)  
Breaststroke (25 yards) - Butterfly Stroke (15 yards) - Tread water (2 minutes)

Introduction to sidestroke - Shallow dive with glide  
Flip turn while swimming on front - Flip turn while swimming on back  
Performing rescue breathing - Introduction to tuck and pike surface dives



### Great White Level VI

Prerequisites: Crocodile skills

#### Skills Checklist:

Front crawl open turn - Back crawl open turn  
Front crawl with rotary breathing (100 yards)  
Back crawl (100 yards) - Elementary Backstroke (50 yards)

Breaststroke (50 yards) - Butterfly Stroke (50 yards) - Sidestroke (50 yards)  
Treading water (3 minutes) - Treading water kicking only  
Swim continuous 500 yards with any combination of strokes  
Retrieve diving brick from 8-10 in feet deep water - Recognizing spinal injury